



SQUAXIN ISLAND VETERANS' MEMORIAL

The Squaxin Island Veterans Committee and the Squaxin Island Tribal Council respectfully request the honor of your presence.

*The dedication will take place on
Tuesday, July 1, 2008 at 1:00 p.m.*

Questions:

Glen Parker at (360) 426-1755 or
Bob Whitener, Sr. at (360) 426-3236

Directions:

From highway 101, north of Olympia: take the McCleary/Highway 108 exit, travel east onto Old Olympic Highway. Turn left onto Klah-Che-Min Drive. Turn right at Squaxin Island Tribal Center. presence at the dedication ceremony for the Squaxin Island Veterans' Memorial.

10 S.E. Squaxin Lane

Funding Priorities Discussed at First FY09 Public Budget Hearing

The first FY09 Public Budget Hearing was held Wednesday, June 11, 2008 at the Tribal Center. The meeting began with a prayer by Tribal Council Treasurer, Russell Harper, who then read excerpts from the Budget Ordinance. An overview of the progress made in the past year was recapped by Executive Director, Ray Peters.

According to Ray some of the past year's accomplishments include the renovation of the SPITHA building and the subsequent move of the Public Safety and Justice Department into the facility. Preparation for construction of the new Wellness Center is underway and will have a groundbreaking ceremony this summer. There has been an increase in tutoring and Sylvan Learning Center services. Other accomplishments include; a new tribal cemetery, the Veterans' Memorial, a revival of Sa'Heh'Wa'Mish Days Pow-Wow and an increase in participation and sponsorship for the Summer Recreation and Youth Employment programs. Along with all of these accomplishments there are plans being made for a teen center and approval has been made for a language manager and mentors; job descriptions are forthcoming. These things all came about due to input received through the public budget hearings.

There were suggestions for funding priority that included: a second youth coordinator, law enforcement reserve and firefighting training for youth, a full-time enrollment clerk and a communications assistant. Areas for maintenance funding included the wellness center pool and the Tu Ha' Buts Learning Center. There were also suggestions for cultural programs and curriculums, the 2012 Canoe Journey, the net pen program, GIS, a full-time hunting policy representative, an events coordinator, water transportation to the island with a dock and camping areas with security on the island.

There is a great demand for a full-time dentist for the community; some options were discussed in finding a dentist. A suggestion for a program was to offer to pay full tuition for a tribal member to go to dental school with the stipulation of coming back to serve the tribal community for 5 years. There was quite a bit of discussion regarding the current economic crisis affecting us all; concerns were voiced regarding emergency financial assistance and food vouchers to assist tribal members in need.

Other concerns were also voiced, such as: security guards for the tribal campuses, higher education, home renovation for those growing out of their homes, safety precautions at the playgrounds, sidewalks and a roof for the outdoor basketball court. Some views were given on capital construction with the need for a longhouse for community events, funding for a NR/CR building and a larger Health & Human Services building.

There was also a suggestion of elimination of fish, shellfish and geoduck tax, along with gas tax for tribal members, which is being passed to the Tribal Council.

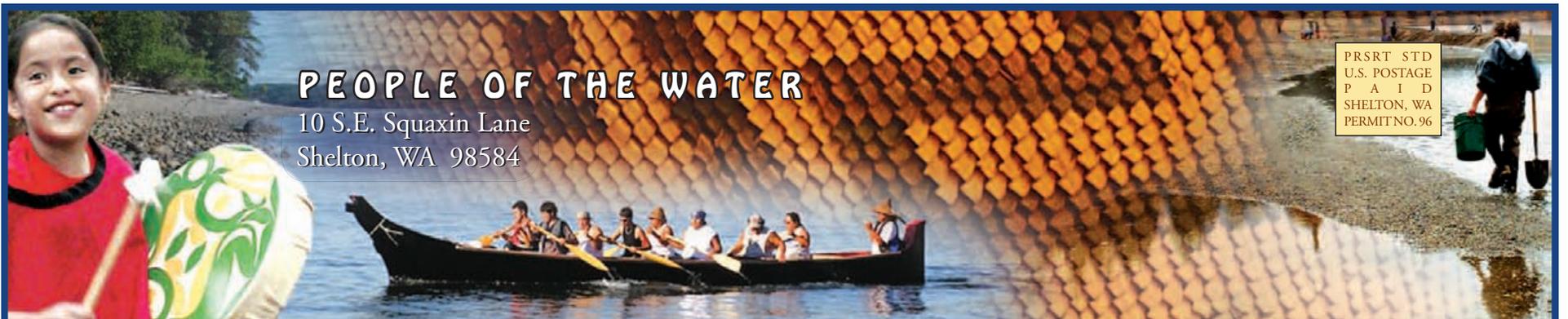
The meeting concluded with dinner at the Elders Center.

The next FY09 Public Budget Hearing will be held on August 28, 2008 at 4:30 p.m. in Council Chambers. Directors will present draft budgets. Island Enterprises Inc. and Little Creek Casino Resort will present overviews of their annual budgets.

PEOPLE OF THE WATER

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Squaxin Island TRIBAL NEWS

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Articles and opinions expressed in this publication are not necessarily the opinions of this publication or the Tribal Council.

The Klah-Che-Min encourages Tribal Members to submit letters, articles, photographs and drawings to be considered for publication, but are subject to editing.

Contributing writers and artists include Squaxin Island community members and staff.

Submissions Deadline:
15th of each month

SQUAXIN ISLAND TRIBAL COUNCIL:

DAVE LOPEMAN: Chairman
ARNOLD COOPER: Vice Chairman
VINCE HENRY: Secretary
RUSSELL HARPER: Treasurer
MISTI SAENZ-GARCIA: 1st Council Member
MARCELLA CASTRO: 2nd Council Member
CHARLENE KRIZE: 3rd Council Member

Klah-Che-Min Staff:
THERESA M. HENDERSON: EXT. #3945
thenderson@squaxin.nsn.us

Slocum Family Coming Home

Written by Rhonda Foster, Larry Ross, and Margaret Henry - The Cultural Resources Department (CRD) has completed the removal of all our Ancestors from the Slocum Cemetery on John's Prairie north of Shelton and their re-burial at the new Squaxin Island Tribal Cemetery here on the reservation. This has been the result of years of negotiations between the Tribe and the Manke Lumber Company, owners of the Slocum Cemetery property, and more than a year of archival research, field investigations, and moving the Ancestors. The decision was not an easy one, but one that was made because the graves had been looted for decades leaving our Ancestors bones laying on the surface.

Our Spiritual Leaders Mike and Shirley Davis, Rose Algea, and David Lopeman came many times to the site to pray for the Ancestors and our efforts and give us spiritual guidance.

Working as Cultural Resource Field Technicians on the CRD field crew for the project were Tribal members Jason West, Chauncey BlueBack, Donny Hartwell, Walter Henry, and Tiffany Clark. Without their hard work and dedication, the project could not have been accomplished. Be sure to read what they wrote about their personal experiences in the letters that follow this article.

Based on archival research and oral history CRD had gathered, we knew of five Tribal people buried at the Slocum Cemetery for sure. But, by the end of the field testing and investigations, we had found the graves of 34 Slocum family members in the cemetery. These people were lovingly removed intact, according to spiritual protocols, and placed in new cedar caskets lined with white cloth. Tribal Council members and members of the Squaxin Island Tribal community participated in many of the burial removals. We would like to thank all of them for their involvement and support.

No invasive science was conducted on any of our Ancestors; only visual inspections were conducted when necessary. All workers wore gloves at all times when working in the burial area. All topsoil above each grave was removed by hand and put through fine mesh screens to ensure we did not miss anything. The caskets were kept intact; any items found with the caskets or on the surface were also removed to be buried with them.

We also had much help from Glenn Hartman, Jennifer Chambers, and their field crew from Cultural Resource Consultants, Inc. of Bainbridge Island, the company hired by Manke to conduct the removal of the Masonic and other early pioneer burials from the Old Oakland Cemetery area next to Slocum Cemetery.

On May 13th and 15th all of the Ancestors moved from the Slocum Cemetery, as well as the Masons and other early pioneers recovered by CRC, Inc., were reburied in the historic cemetery (center section) of the new Tribal Cemetery here on the reservation.

Our team worked from September through March on the removal, which was sometimes overwhelming to our physical, spiritual, mental, and emotional being each day. But we were able to keep going knowing that the Creator was leading the way, always there, always protecting and caring. This experience has changed us in a good way and it is something we will never forget but will cherish forever.



**Please read the stories
on Pages 6 & 7**



Tribal Council Resolutions

08-48: Expresses ongoing support for Department of Interior funding for clarification of off-reservation hunting and fishing boundaries

08-49: Amends the Employee Handbook in sections relating to employee relations, productive work environment and harassment

Little Creek's Upcoming events

"Six time vocal group of the year!"

Diamond Rio

Sunday, June 29 at 6:00 p.m.
Ticket Prices: \$37/\$32/\$27

"Blues to the Bone!"

George Thorogood and Buddy Guy

Friday, July 25 at 8:00 p.m.
Ticket Prices: \$55/\$49/\$44

Cage Fighting at the Creek

Friday, August 22
Special guest appearances by
*Jamie "The Worm" Varner
and Urijah Faber*
Doors open at 5:30 p.m.
Fights start at 7:00 p.m.
Tickets will be on sale
June 26 at 9:00 a.m.
Tickets start at just \$30

One Night, Two Shows

Jay Leno

Saturday, November 8, 2008
7:00 p.m. and 9:30 p.m.
Ticket Prices: \$65/\$60/\$50
Tickets go on sale July 3 at 9:00 a.m.

TICKETS AVAILABLE AT
www.little-creek.com
or call our Box Office at 360-432-7300
All shows 21 and over

Per capita's will be distributed on August 14th

The intent for the youth per capita is to support our students' educational needs for the upcoming school year.
No early releases - Thanks!

Foster Parent Orientation & Pre-Service Training

Are you interested in becoming a Foster Parent?

All Potential Foster Parents must complete this training!!

**T
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I
C
S**

- Growth & Development
- Attachment & Loss
- Discipline
- Intergenerational Grief
- Child Abuse/ Neglect
- Permanency
- Self-Esteem
- Basic Foster Parenting Requirements



Orientation: July 21, 2008 12-4pm
Pre-Service: July 22-24, 2008 8am-4pm
Where: SPIPA Classroom
 3104 SE Old Olympic Hwy. Shelton, WA.

TO REGISTER CALL: SPIPA Foster Care Program
 Angel Peterson at (360) 462-3217 or peterson@spipa.org
 Lunch Provided and Space is Limited so Register Early!!!

Cashiers Office Hours

MONDAY - FRIDAY
 7:30 a.m. - 4:00 p.m.
 Closed for lunch from Noon -1:00 p.m.
 Phone: 432-3940
 We accept VISA, MasterCard and American Express





Congratulations Graduates!!!

Watch for full information in next month's issue of the Klah-Che-Min



HIGH SCHOOL

- Kaitlyn Brandt
- Kristin Davis
- Ronald Day
- Tory Hagman
- Tiffany Henderson
- Tasha Hillstrom
- Jeff Hoosier
- Sean Jones
- Janessa Kruger
- Michael Peters
- Wes Whitener

GED

- Tashina Ackerman
- Tammi Birchell
- Cecelia Black
- Davina Braese
- Jess Brownfield
- Tyler Burrow
- Terri Capoeman
- Denise Davis
- Rachel Edwards Johns
- Jacob Evans
- Sharleina Henry
- Kasia Krise
- Susan McFarlane
- Madeena Rivera
- Martin Sequak
- Kevin Spezza
- Jearid Williams

ASSOCIATES DEGREE

- Jeff Hoosier
- Jessica Hoosier
- Elena James
- Alicia Ward
- Connie Whitener
- Donna Wood

B.A. OR B.S. DEGREE

- Rose Blueback
- Meghan Brandt
- Sheena Hillstrom
- Daniel Kuntz
- Astrid Poste
- Jason West

MASTERS DEGREE

- Holly Johnson
- Whitney Jones
- Christina Smith
- Jennifer Ulrich



Tentative 2008 Canoe Journey Schedule

- July 14 Squaxin Island hosting
- July 15 Arrive at Nisqually
- July 16 Arrive at Puyallup
- July 17 Arrive at Muckleshoot - 2 days
- July 19 Arrive in Suquamish
- July 20 Arrive in Port Gamble
- July 21 Arrive in Port Townsend
- July 22 Arrive in Jamestown
- July 23 Arrive in Elwah - 2 days
- July 25 Arrive in Songees
- July 26 Arrive in Tsaout
- July 27 Arrive in Tsartlip
- July 28 Arrive in Cowichan
- July 28 Potlatch protocol begins
- August 1 Final Day of Potlatch protocol
- August 2 Rehearsal day for Indigenous games
- August 3 Opening Ceremonies and Cowichan Host Potlatch

If you are interested in participating this year, please contact Jeremiah George - jgeorge@squaxin.nsn.us





USDA Presents Big Check to the Squaxin Island Tribe

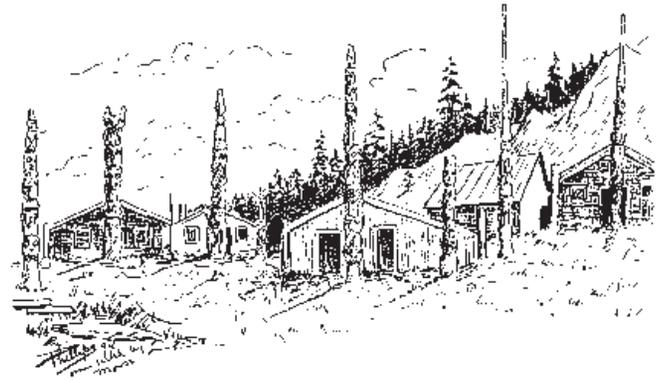
Tracy Parker - To celebrate the USDA award of a \$21,070 Rural Business Enterprise Grant to the Squaxin Island Tribe, a big check presentation was held on May 15th at the site of the Arcadia Boat Ramp. This grant, along with Tribal funds will be used to cover the cost of planning and design to repair and improve the existing boat ramp. The ramp is only one of four access ramps in Mason County and is used by Tribal member fishermen, local recreational boaters, and commercial fishing enterprises. The event was attended by Tribal Council members Dave Lopeman, Arnold Cooper, Misti Saenz-Garcia and Russel Harper. Also in attendance were USDA staff members, Jon DeVaney, Gayle Hoskison, Paul Johnson, Carlotta Donisi, Paul Johnson and a special guest from the USDA National Office of Rural Development, Tedd Buelow. Additionally, Senator Cantwell Representative Mike English and Congressman Dicks Representative Ryan Dumm were also in attendance.

The Squaxin Island Tribe is in the process of seeking funds to support the construction phase of this project. Once funds have been secured, the Tribe's plan calls for rebuilding the ramp using state-of-the-art technologies to reduce the impact on beach migration and preserve tidal habitat. The ramp will be extended to allow access at lower tides and be expanded to handle two boats at a time. Two lanes are critical to allow recreational boaters access when commercial harvesters are also operating at the ramp.

If you have any questions regarding this project you may contact Tracy Parker at (360) 432-3960 or Brian Thompson at (360) 432-3907. Questions regarding the USDA Rural Business Enterprise Grant program may be directed to Carlotta Donisi, USDA Rural Development Business Programs Specialist at (360) 704-7724.



From left to right: Carlotta Donisi, Arnold Cooper, Dave Lopeman, Jon DeVaney, Misti Saenz-Garcia (holding the check), Mike English (back row), Russel Harper, Ted Beulow, and Ryan Dumm



July Homeowners Classes

Building Native Communities

Financial Skills for Families

Administration Bldg. 2nd Floor

July 15, 16, 17

5:00 p.m. – 8:00 p.m.

Plumbing Basics (Toolbox Series)

Administration Bldg. 1st Floor Lunch Room

July 28

5:00 p.m.

If you have any questions about the scheduled classes or would like to attend, please contact Lisa Peters@ 432-3871. The OOH asks that you call to reserve a seat if you plan to attend a workshop.

Give Kids a Vacation Budget

With long holiday weekends and summer around the corner, here's a vacation strategy to consider: Give your kids a budget!

When you're traveling with kids, you'll undoubtedly get lots of "I want this" and "I want that" at every tourist stop, stand and kiosk. Even though, as an adult, you have the experience to understand that many trinkets are a waste of money, your kids might not understand that. Plus, with suggestive marketing everywhere you look (TV, advertising, instant downloads, powerful packaging, etc.), there are invitations at every turn to buy, buy, buy!

Unlimited spending is probably a dangerous route, regardless of your financial means. Setting some guidelines and parameters up front will keep everyone in check as you enjoy your trip. Assuming you want to buy your kids some souvenirs to help them remember the family time, go ahead and give them a pre-set spending amount. The amount matters less than the principle, and by giving them a budget, you're saving yourself from endless negotiation later. Plus, you're giving your kids some great financial management skills, which are critical to their development.

Too often, we send kids off to college, hoping that they understand how to manage checkbooks and spending limits, without having taught them these skills. By giving them a vacation budget, and by using it as a guiding principle to help them make smart decisions along the way, you teach them how to set priorities and how to think both short- and long-term.

It's important not to exert too much control beyond the amount: Let your kids make mistakes now while the cost isn't too high. It teaches them about disappointment in a safe environment where you can ease them through the process and teach them valuable coping skills when things don't work out their way.



Slocum Family Coming Home

Written by Tiffany Clark/Hartwell

I have so much to say about my whole experience as a Field Technician for the Tribe. First, I would like to thank Rhonda, Larry, Margaret, and everyone else I was privileged to work with. You've all helped me learn so much. I have been working at the old Indian cemetery for about a month and a half now, and I got to see and take part in so many different things. Taking down the ground and working beside archaeologists that have many years of experience in what they do has been a great honor. There aren't many things that I get interested in, but this has definitely been one of them. I'm strongly considering going to school to expand my education and learn more about being a Field Technician.

Working for the Tribe really means so much to me, like I am a part of something bigger and very important.

First I am going to talk about the beauty that I saw out there, like the caskets. Some were painted, made out of cedar. Most had outer casket boxes. Some of them had viewing windows that were beautifully crafted. There was one that I will never forget. We call her CC. Her casket was still fully intact, the viewing window and all. We found little buttons on the outside of her casket. Most of them in her feet area. I think I counted around 80 or more buttons. All of them were white. Some of them had a line of color around them. And they were all made of glass. I will never forget CC. It was obvious that she was loved. Her family cared so much about her. I have to say that about all of our ancestors out there. Each one was special, and well cared for.

That's what makes the old Indian cemetery so sacred. There is so much love felt out there. Even now. And what sacred means to me is the dedication and devotion that I saw in every burial. In every day life. It was and still is a very spiritual experience for me. If I wasn't in touch with my higher power today I don't believe I would have been strong enough to take part in this very special opportunity to move our ancestors. I know I would surely partake in this again if needed. I enjoy most of the work. But there are some aspects of the job that were sad and hurtful.

Most of the things I saw are indescribable, and some of the experiences I had hurt my heart so deeply. One thing that hurt so badly was that there are so many children. One thing I like seeing are the burials that are undisturbed. Unfortunately, there were a few burials that I saw that were disturbed by looting. Looting isn't something I had any knowledge of until I started working at the old Indian cemetery, and if there is anyone else out there who hasn't heard of looting, then please take the time to read this.

Looting cemeteries and individual graves for profit is not infrequent, relatively widespread, and is considered a particularly heinous affair. There were a number of grave thefts in our old Indian cemetery on Capital Hill Rd. Did you know that offenses against the dead often grow out of mental pathology, temporary or permanent? Even though the perpetrators have something wrong mentally, it is still a severe form of vandalism. Cemeteries have frequently been the target of various forms of vandalism and looting. Isolated cemeteries may be dug into to rob the dead of jewelry or watches, or even to remove skulls for curios or sale. Grave markers are vulnerable, especially if there are photographs set into them. Tall markers may be toppled and may break in their falls.

This has been going on for years and is unheard of by most people. It is our responsibility to let our children know that it is not okay. Some people think it is okay to dig up someone's grave to find something of worth to sell on the market. NO! It is not okay to disturb our ancestors at rest.

Having been a part of the old cemetery excavation has opened my eyes and taught me so much, but the most important message I could portray to you is the



one about looting. Having seen with my own eyes the disturbances and damage inflicted on our ancestors has put a permanent scar on my life and in my heart. I don't understand how someone could be so disrespectful. They must not have a heart. For example, I would never want my mother's resting site to be disturbed; or any one of my loved ones for that matter... Ask yourself - would you? No way. Our loved ones who are finally at rest and in peace deserve to stay that way, and anyone who thinks about troubling them needs to leave them alone. Consider their families' feelings, and stay out!!! What's theirs is theirs - don't you agree?

Knowing that our ancestors have been disturbed and seeing it with my own eyes is very saddening, bringing me to tears many times. At times, it even felt like the work we were doing was wrong. But I understand that if we didn't remove our ancestors, then they would continue to be disturbed and vandalized for the rest of all time. Moving them hurt at times, but it was the best thing we could do for them. The fact that we had to disturb their rest to avoid looting is painful, but they are being moved to their final resting place so that they will never be disturbed again.

Thank you for your time

Sincerely Tiffany Clark/Hartwell

SALMON FEST
 Little Creek Casino Resort Parking Lot Shelton, WA
 August 16, 2008 11:00 am to 7:00 pm

- Salmon BBQ
- Salmon friendly exhibits
- Live native and contemporary performances
- Kids of All Ages Zone
- Native and other fine art

Vendor booths available
 For more information, call Leslie @ 360.432.3838



CULTURAL RESOURCES



Written by Jason West

Hello! My name is Jason West. I am the son of Bonnie Sanchez, the great-great grandson of Mike and Jennie Krise, the great-great-great grandson of John and Mary Slocum. I just graduated from The Evergreen State College with a Bachelor's of Liberal Arts. Unsure of what kinds of jobs such a degree afforded me, I completed more "practical" training as a heavy equipment operator during the summer of 2007... and received my certificate just in time for fall and winter, when all such related jobs in the northwest dry up and fly south. Just in time for the construction boom in residential housing to go belly up. So I put it in my mind: "I need a job... but not just any job. Something cool, fun, and IMPORTANT where I get to work with a great group of people."

When I first heard of this opportunity of working with Cultural Resources, I knew nothing of the details, but envisioned long hours of shoveling gooey mud in pouring down rain, sleet, snow, hail, brutal cold, and unrelenting winds. I figured I would just be the grunt labor for high mucky-mucks. I figured I wouldn't feel a 'connection' to anything but my pine-handled excavator (shovel). I'm glad I was wrong on most counts.

One of the first things I found out was that the site was the old Slocum cemetery. At that moment it no longer was just a job to me; this was my family! I knew then that I was meant to be there, to help my ancestors on their final journey from a place where they had been dishonored by having their graves looted, to a place where they would be remembered, honored, and safe.

I found out that the "high mucky-mucks" were actual people! They have real personalities, great humor, and big hearts. I feel honored to have gotten to work side by side with Rhonda, Larry, and Margaret, to feel like a valued member of the team, and that my opinions mattered. I cherish the education that I received from them and from my esteemed co-workers on both culture and archeology: a path of heart and science. A path I plan to continue.

The people I have met and worked with are amazing. I have made friendships and connections that I hope will last a lifetime. We've had a lot of fun, a lot of laughs, soldiered through some horrible weather, and together carried the sometimes heavy psychological and emotional burden of the work that we were doing. We were honored to have our Tribal Council take part in that work. Their support and presence was needed and much appreciated.

Another benefit was getting to know more of my relatives and making more connections to my people. I found out that you don't have a whole life until you know who you are and where you come from. But one of the tough things about 'coming home' is that you're not yet sure who all you are related to. So that cute girl you 'made eyes' with at the dinner could be your cousin! Ouch.

I mentioned that this work often carried a heavy emotional cost. There were many children out there, taken much too early in life by some sickness. You identify, or maybe even feel the lingering grief that was buried with that child. Also very heavy and painful were the burials that had been looted. I can't even begin to understand the sick mind of the person who would do such a thing. They have not only robbed the grave of their contents, but robbed my family of their dignity!

The heartache you feel doing this work, digging up your ancestors, is tempered with knowing that you are doing the right thing by ensuring that from now on they will get to lie at rest, in a place of honor, with their dignity restored. In bringing them home, I have found a homecoming for myself as well.

Written by Donald Hartwell

Hi, my name is Donald Hartwell, and I would like to share my experience as a Field Technician for the Squaxin Island Tribe. I have been employed by the Tribe since the middle of January, 2008. There have been many positive experiences while working. There have also been some bad experiences. The good ones have to do with the undisturbed burials that we've come across. Then there were the ones that have been disturbed that bothered me and the whole crew. I have talked to a few people that knew about the disturbances, and I need to say they were involved in the looting that went on many years ago. According to what I heard from them, what they took from our ancestors they took for drugs and money and whatever else they thought they wanted. And it is sad to learn that the people that I used to know and trust were some of the ones involved with the lootings and destruction of our ancestors' cemetery. That's why I am so grateful and happy that the cemetery is being moved out here to a more secure residence. It is good to know that our ancestors are safe out here and won't have to worry about being bothered or disturbed again.

Okay, to talk about other things is a must. Like what the caskets were like and how they were made. Well they were made of cedar.

Very much time was spent on them. There were many crosses found and other stuff like beads and blankets, lots of the caskets have viewing windows. And many of them had handles on the sides of them. The handles were used to carry the caskets to the burial site. It was very obvious that the family cared a lot for our ancestors because they were well taken care of.

I believe, like my sister and other crew members do, that everything that is buried with our ancestors should stay with them as well because it belongs to them. That is why they were buried with their belongings and gifts in the first place. No one has any right to dig up and take what they want from our ancestors resting place. Cemeteries are very sacred. And what sacred means to me is something held in my heart. Something close that I value. I feel that the land should have never been looted or tampered with because the land is sacred. And what happened to the land was very disrespectful and upsetting. I advise all the young and old out here to help watch over our new cemetery to make sure that the looting does not happen out here, like it happened at the old Indian cemetery on Capital Hill. I feel like the Creator put me there because I was strong enough spiritually and emotionally to do the work that we did. I would totally do it over because I was brought there in the first place to do that. I am an asset because I am spiritually strong. And any time I can offer something to help my tribe or my ancestors, I will. Because that is part of my place in this world. Especially now.

Thank you for giving me a chance to share my experience, strength and hope.

Respectfully Donald Hartwell





OUR VETERANS



Captain

Bruce A. Johnson

*US Army - R/W Aviator/Pilot
First Cavalry Division*

May 17th, 1944 - Dec. 20th, 2001

MEDALS: Bronze Star, National Defense Service, Army Aviator, Vietnam Service, Vietnam Campaign, Air Medal w/36 Oak Leaf Cluster, 2 O/S Bars, Good Conduct



Memories are sometimes suppressed until the opportunity is conducive to discussion. It most likely would take a cool winter night, with the warmth of a fire, maybe some "Eagle" tunes and some fine vintage red. I remember times when Bruce would open the doors and walk down the hallways of his past to recall heart filled times in the service. Bruce's service in the Vietnam War imposed an array of emotions. It meant a time of pride in his country, pride in himself as a "Huey" pilot, pain for his brother soldiers, love for his brothers, sister and family and a special love for his Native people. He also had a love and a wonder for the country of Vietnam and her beautiful people. He learned of their culture and their art and he so enjoyed their happy, friendly demeanor. You could see his obvious pain as he described their struggles for the freedom they so ambitiously sought. The anguish and tears in his eyes when he would recall the terrors of war and what they left behind, the "white knuckle" helicopter flights and the irony of empty milk cartons lying by the wounded, or worse. The experience truly was etched in every fiber of his soul.

In commitment to the Vietnamese people after his active duty in Vietnam, Bruce chose to finalize his years in the service by training Vietnamese students how to fly Hueys at Fort Walters, Texas for the duration of about one year.

Bruce would tell me about his other Tribal brothers who also served in "Nam" such as Darryl "Yum" Krise and BJ Whitener who shared similar experiences and how he truly had admiration and love for them with an unspoken understanding of their burdens. His dear friend Glen Parker, who chaired the SIT Memorial Committee, together with Bob Whitener Sr., Cal Peters and Harry Fletcher were among the many other Veterans who were so very close to his heart. They had experienced different times and conflicts, however, they shared solidarity which bonded all as "Vets".

During his final years, while on a trip to Foxwoods Casino, Bruce and Dave Lopeman, his life-long close friend, visited the Vietnam Memorial Wall in Washington DC, he called me after the experience, he shared a lot, he wept; and he was movedmuch more than I can explain.

Thank you Capt. Bruce A. Johnson for being a soldier for peace and for being the Squaxin Island Tribal Warrior that you were.

In Memory of Bruce A. Johnson
~*~ *Who rides the Warrior's Spirit Horse - free among the Stars* ~*~
Love, his Wife - Peg

Staff Sergeant Ronald L. Dailey

My tour of active duty January 9, 1951

On January 9, 1951, I was sworn into the United State Air Force at the Induction center in Seattle, Washington.

From Seattle, I traveled to San Antoine, Texas, by train wearing my new uniform. I thought I was a cool dude. After boot camp, I was off to the Air Force Base in Denver, Colorado. I was assigned to a Radar and Radio Technical School. When I graduated, I received by corporal stripes.

After schooling, I received by first permanent duty assignment, which was located in the wind-blown stormy state of New Mexico. One of the Washington D.C. officials from New Mexico, somehow talked the Air Force into activating a boarded-up World War II B-17 base just outside of a One-horse town named Clovis, New Mexico. Naturally, it was called Clovis Air Force Base. Seriously, before we could move in, we had to corral all of the rattle snakes and other critters which were in the barracks.

The outstanding duty of this assignment included being a part of the very first atom bomb explosion evolving military personnel in the desert near Reno, Nevada. I can still vividly remember the incident. We were hustled out of our bunks at 5:30 AM; then we traveled about twenty five miles out into the desert to ground zero. All of the troops were assigned to trenches within five miles of where the bomb would explode. The Sergeant explained on the loud speaker that at a certain time a B-36 bomber would fly overhead and drop the bomb. An Atomic Bomb explodes about 2000 feet before it hits the earth. The actual detonation is beyond description. The B-36 bomb was dropped as planned. (We were instructed to keep our heads down with our backs to the detonation.) I later saw a picture of it. When the bomb detonates, a ball of fire emerges from the center of the blast. The ball of fire descends to the earth in the brightness of a million suns. The heat is most amazing. I had my head on my right arm and, believe it or not, my arm became transparent.

After the blast, all 2,000 of us walked through ground zero. Our first planes were the best rated airplanes in the Air Force—the P-51 fighter bombers. My job was to keep the radios working, including what little Rador we had.

The following year, our squadron received orders for overseas duty. We had seventy-five new shiny F-86 swept-wing Saber Jets. New planes, new equipment and another stripe or so.

We left for our assigned duty base, Hahn Air Force Base, which is located in the French sector near Coblenz, Germany in the summer of 1953.

While in the Air Force, I saw a lot of the world, which included Germany, France, Tripoli, Scotland and Iceland.

In 1954, I boarded the USS Hershey for New York. It was a thrill to see the lights of New York Harbor and to also see for the first time the Statue of Liberty.

I received by Honorable Discharge January 9, 1955.

This is my story.
Submitted by Ronald L. Dailey



Special Thanks!!!

We, the family of Eric Jon Kruger would like to express our gratitude to our elders, leaders, community members, family and friends who helped with and attended Eric's services. Thank you for the lovely flowers, cards and heartfelt condolences.

Thank you to Mike Davis and Rose Algea for giving the spiritual heartfelt service and prayers; you were both very special to Eric.

Thank you to my special friend, Margaret Henry, for honoring us with your prayer in the Lushootseed language.

A special thank you to Rhonda Foster who made the cedar corsages for family members; your respect, dedication and compassion for family and your people's culture speaks louder than words. You warm the hearts of young and old alike.

Thank you to both the Squaxin Island Tribe Drum Group and Ray Krise's

Drum Group who honored Eric with song and drumming. You warmed our hearts giving such an honoring tribute to Eric.

Thank you to the Peters family, clinic staff and the Natural Resources staff, once again, for giving of themselves unselfishly, dedicating time, talents and heartfelt love serving a beautiful dinner, in Pete's words, a feast.

Thank you to our son, Tully, for the venison and to Will Penn for arranging and picking up of the fish that the Hoh River Tribe had donated, and for anyone we may have missed, a thank you to each and every one of you.

- Pete and Lil Kruger and family

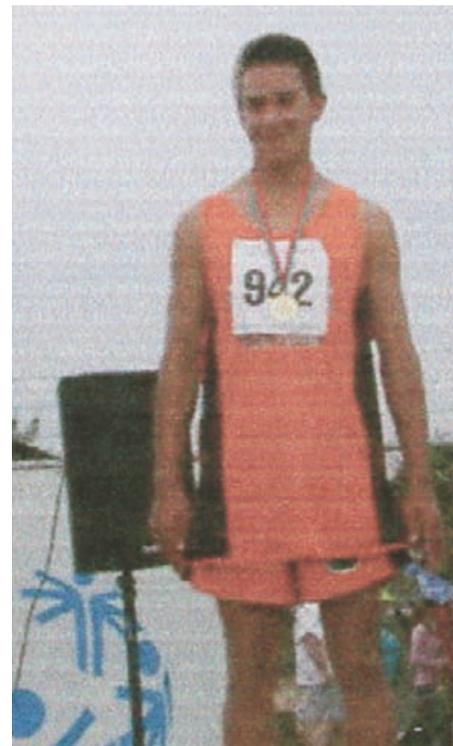
Elders Update

Rose Brownfield - On April 20th, Colleen Woodard accompanied the elders, along with Quinault and Nisqually elders, to the Japanese Gardens in Portland, Oregon. We also had lunch at a Chinese buffet. On April 22, we attended an elders luncheon at Yakama Nation.



Congratulations Troy Orozco

*State High School Champion in 100 & 200 Meter
Second Place in High Jump*



Troy Orozco, a sophomore at White Pass High School and a member of the school's Panthers Track & Field Team, took State Championship in both the 100 & 200 Meter (two gold medals) as well as Second Place (a silver medal) in the High Jump during the state competition held at Fort Lewis May 30-31.

Way to go Troy!!!

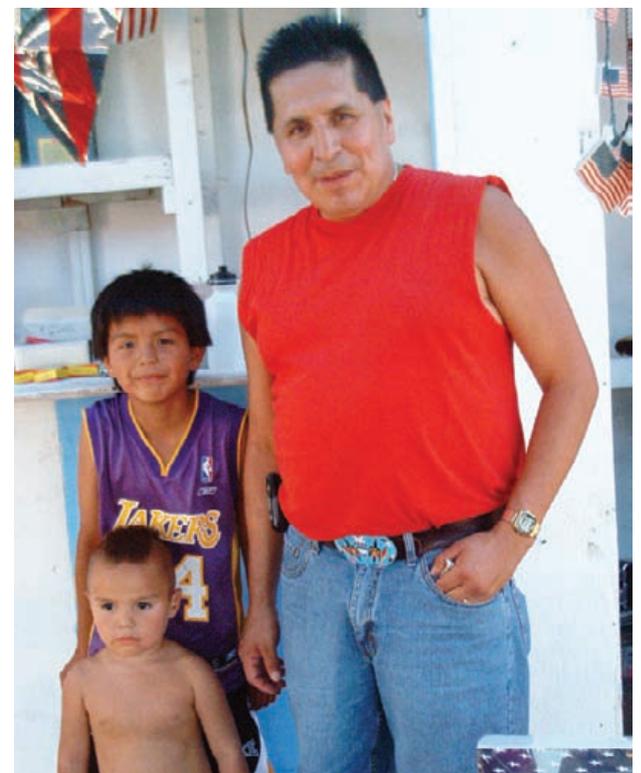




FIREWORKS



Good Luck Fireworks Stand Owners



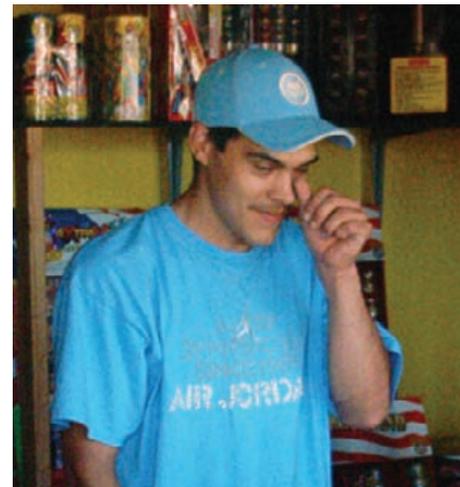
2007 Photos by Kelli Dahman



FIREWORKS



Have a Safe and Happy 4th!!!



2007 Photos by Kelli Dahman



COMMUNITY



Happy Birthday

Malynn Foster	71					Clara Capoeman	7/19
Del A. Johns	7/1					Dana Van Cleave	7/19
Isaac Johns	7/1	Joseph Hudson	7/12			Tonia Marshall	7/20
Mark Jones	7/1	Myrtle Richards	7/12			Corri Carson	7/21
Tully Kruger	7/1	Jonie Strobe	7/12			Leila Lorine Whitener	7/21
Kayla Cuch	7/2	William Peters	7/13			Richard Piersol	7/23
Dion Obi	7/2	Jenni Evans	7/13			B.J. Peters	7/23
Fay Monahan	7/2	Elizabeth Yeahquo	7/13			Chickie Mae Rivera	7/23
Janessa Kruger	7/2	Moody Addison	7/13			Austin Pedro Solano	7/23
Jeremy Walls	7/4	David Michael Lewis	7/13			Misty Kruger	7/24
Annie Beth Whitener	7/4	Antonio Rivera	7/14			Thomas Blueback III	7/25
Gary Brown	7/5	Shianne McFarlane	7/14			Hailey Blueback	7/25
Elijah Garcia	7/5	Christian Ridriguez	7/14			Eileen George	7/25
Jon B. Whitener	7/5	Josh Henderson	7/15			Walter Lorentz	7/25
Sadie Lorentz	7/6	Brett Orozco	7/15			Malia Red-Feather Henry	7/26
Dale Brownfield	7/6	Seth Thomas	7/15			James Brownfield	7/26
Celeste Gaidrich	7/6	Mary Kuntz	7/16			Loretta Case	7/26
Martin Sequak	7/6	Nikita Mowitch	7/16			Brenda Day	7/26
Todd Hagmann	7/7	Viola Thomas	7/16			Chas Addison	7/27
Ginny Mae Berumen	7/8	Tiffany Henderson	7/17			Marvin Henry	7/27
Steve Witcraft	7/8	Mathew Bell	7/17			Matthew Trotter	7/27
Clayton Edgley	7/8	Kristina Bechtold	7/17			Dorian Williams	7/27
Diana Van Hoy	7/8	Alan Depo	7/17			Stephanie Cleveland	7/28
Josephine Napoleon	7/9	Daniel Johnston	7/17			Kira Nakia Coley	7/28
Keenon Vigil-Snook	7/9	Charles Mickelson	7/18			Markiemih Johns	7/29
Nyla King	7/10	Violet Garcia	7/18			Marissa Morken	7/29
Ruth Creekpaum	7/11	Victoria Kruger-Neilson	7/18			Marcus Johns	7/30
Terence Henry	7/12	Maria-Elena Capoeman	7/19			Billy Lopeman-Johns	7/30

What's Happening

	1	2	3	4	5	
				Be Safe!!! AA Meeting 7:30	Good News Book Club 10:30	
6 Squaxin Indian Bible Church 11:00 a.m.	7	8 Criminal/Civil Court	9	10 Council Mtg.	11 AA Meeting 7:30	12 Good News Book Club 10:30
13 Squaxin Indian Bible Church 11:00 a.m.	14	15	16 Family Court	17	18 AA Meeting 7:30	19 Good News Book Club 10:30
20 Squaxin Indian Bible Church 11:00 a.m.	21	22	23	24	25 AA Meeting 7:30	26 Good News Book Club 10:30
27 Squaxin Indian Bible Church 11:00 a.m.	28	29	30	31		

Canoe Journey to Cowichan

Canoe Journey to Cowichan

Canoe Journey to Cowichan



Happy Birthday Kip "#43"
Love, Mom, Mat, J.C., Dodie, Jamie,
Ethan, Mat, Ayshia, Running Bear,
Little Jason,
Jeffrey, Michael, Little Paula,
Roxie and the one on the way!
We Love You!!!



Native Business: Unlocking Money from Bank to Business



Jim Stanley, Quinault - Banks lend their money to stable business owners that show a history of profitability to ensure that bank debts are repaid. Banks are conservative by nature and are increasingly so when lending their own money to businesses. Unlike home loans which can be sold on a secondary market for an immediate profit and risk passed to investors that buy the bundles of loans, banks usually keep small business loans on their balance sheet as an asset. Profits are realized over the life of the relationship.

Generally speaking, a bank looks at certain factors when making a decision to lend money to a business owner. First, a business owner should be in business for at least two years and have shown a profit for those years. A bank will want to see your business tax returns. If you operate as a sole proprietorship and file a 1040, then the bank will want to see two years tax returns with supporting financial schedules (balance sheet and profit and loss statement). Second, a bank will examine your cash flow and cash reserves. A cash flow ratio is often used to determine the health of your business and ability to pay for the new debt. As a general rule a minimum 1.20:1 ratio between your global net cash flow and new & existing debt is desirable. A bank likes to see six to twelve months cash reserves in the bank to pay bills without any income from business. Third is a credit score above the mid 600s. Fourth is collateral. Collateral is important when borrowing money on assets like real estate or equipment. Traditionally, a bank will lend up to 80% loan to value (LTV) on commercial real estate and a similar LTV for equipment. That means you must have 20% cash up front.

In my experience, business owners look at future opportunity to justify borrowing money to purchase a piece of equipment that will help increase production. In contrast, banks look back two or three years at historical income to make a decision for approval or decline

Thank You!!!

Paula Henry, Ruth Whitener, Vicky York, Pam Hillstrom, Jill Krise, Terrie Remick and Dalyne Herrera for making my button robe blanket an awesome beautiful work of art.

- Rose

Astrid, WE DID IT!!!! We sure had some crazy times huh? I'm looking forward to more crazy times when we go for the Master's degrees. I'm so proud of us. Hope it was fun in Maui!! My Vegas trip was a blast. We do need to get a graduation trip done together.



July 2008

Sun	Mon	Tue	Wed	Thu	Fri	Sat
		1 SUMMER REC REGISTRATION 9:00-3:00	2 SUMMER REC REGISTRATION 3:00-6:00	3 SUMMER REC REGISTRATION 3:00-6:00	4 4th of JULY	5
6	7 FIELD TRIP PT. DEFIENCE ZOO	8 Center Based A.M. Reading Program Swimming P.M.	9 Center Based A.M. Reading Program Center Based P.M.	10 FIELD TRIP PAGE TO STAGE "Peter Pan"	11 Center Based A.M. Movies P.M.	12
13	14 FIELD TRIP MILLERSYLVIA PARK	15 Center Based A.M. Reading Program Swimming P.M.	16 Center Based A.M. Reading Program Center Based P.M.	17 Center Based A.M. Reading Program Roller- Skating P.M.	18 Center Based A.M. Reading Program Movies P.M.	19
20	21 FIELD TRIP SCIENCE CENTER	22 Center Based A.M. Reading Program Swimming P.M.	23 Center Based A.M. Reading Program Center Based P.M.	24 Center Based A.M. Reading Program Roller- Skating P.M.	25 NO SUMMER REC ALL STAFF MEETING	26
27	28 FIELD TRIP NW TREK	29 Center Based A.M. Reading Program Swimming P.M.	30 Center Based A.M. Reading Program Center Based P.M.	31 Center Based A.M. Reading Program Roller- Skating P.M.		



Brownfields Celebrate 50 Years of Marriage



Don and Rose - On May 31, 2008, more than 50 friends and relatives and Colleen Woodard came to help us celebrate our 50th wedding anniversary at the Elders Center with our children and friends.



Farewell

Hello, all of my Squaxin family and friends. I just wanted to write a note and say, "until we meet again."

My partner and I are heading for the wheat fields of eastern Washington. We will be going to school at Washington State University in Pullman for the next few years. I will be getting a counseling degree. As the dental assistant who I crabb'd at for giving me a novocaine shot said, "won't that just make you crazier?" Probably.

I just wanted to say that it has been an honor to work for the Squaxin people. I feel like I have been given much more than I was ever able to give the tribe—carpal tunnel, SBS (spreading behind syndrome), one of the worst sunburns of my life on the 2004 canoe journey, and an addiction to fry-bread and clams. I learned a lot, too. I learned about the moccasin telegraph, the cheapest breakfast in town (\$2.99 casino special), "Indian candy (smoked salmon)," that the parking lot is empty when Ray is gone, and it's a good idea to come to work on the day before a holiday, because you will get off early.

But seriously, I am leaving with a new level of understanding about native communities and what its like to grow up on a reservation as well as a new respect for all those who love their communities and the kids in their community and are working to make a difference. I have so much love and respect for everyone working to bring back to the surface all the different pieces of Squaxin culture and native culture. I have really appreciated being an extended part of the Squaxin family and hope I can share all the good that you have brought me in the next step of my journey. I hope you know that you have made a new friend, and a new ally for native peoples in their continuing struggle for further self-determination.

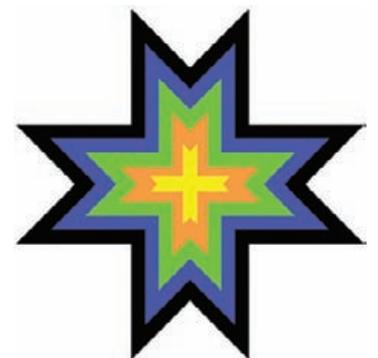
Thank you to all who made me feel so welcome. Catch you on the flip side, ennit? Come on over to the east side and drop me a line. (Special hugs out to Esther, Tracy, Vicki, Jeremiah, Margaret, and whoever keeps licorice stocked down in Finance. Walk that hill for me!)

Lots of hugs,
Nia Wellman

christinawellman@yahoo.com, 573 Sunnyside Rd., Troutlake, WA 98650 (permanent address)



Happy 90th Birthday (Mom) Vi



All Our Love!
Vinny, Margaret,
Jolene,
Malia and Kiana



Did You Miss the Taco Tasting and Diabetes Screening at the Tribal Center?

Patty Suskin - On Friday, May 16th, Janita Johnson checked blood sugars & screened people for Diabetes. In addition, Washington State University (WSU) Extension staff, Kellan McKay & Jeanne Rehwaldt provided lentil tacos to taste. Thirty people had a taste & received ingredients to make the recipe at home. This is a tasty, easy recipe—and it is healthy, too!

Lentils are an inexpensive protein source packed with fiber. They are like beans, but smaller and take less time to cook. Contact Patty Suskin at (360)432-3929 for your free copy of “The Bean Book” full of recipes.

LENTIL TACOS

Ingredients:

- 1 cup dried lentils
- 3 cups water
- 1- 8 oz. can tomato sauce
- 1 taco seasoning packet or 7 teaspoons homemade taco seasoning mix (see recipe below)

Directions:

- Pick through lentils to remove stones
- Combine all ingredients in a saucepan
- Bring mixture to boil
- Turn heat down to low
- Cover and simmer for 30 minutes (make sure lentils are soft)
- Put mixture in taco shell, tortilla, or on top of a salad.
- Add toppings & enjoy!

Homemade Taco Seasoning Mix:

- 6 t chili powder
- 5 t paprika
- 4 1/2 t cumin
- 3 t onion powder
- 2 1/2 t garlic powder
- 1/8 t cayenne pepper

In storage container with tight-fitting lid, combine all ingredients; mix well. Seal tightly. Store in cool, dry place for up to 6 months. Makes 21 teaspoons (about 1/2 cup). Seven teaspoons of mix equals a 1.25 oz. pkg. of purchased taco seasoning mix.

Note: In addition to tacos, the lentil mixture could be used in a variety of ways including: in an omelet, over a salad, over a baked potato, over rice, over noodles... use your imagination!

Toppings of Your Choice

- Shredded romaine lettuce
- Fresh spinach leaves
- Shredded cheese
- Chopped Tomatoes
- Chopped bell peppers - red, orange, yellow, green
- Grated carrots
- Onion
- Taco shells



Get Your Garden -- I Got Mine

Janita Johnson - In late March, the nice volunteers from G.R.u.B. (Garden Raised Bounty) came and built a garden in my yard. It took about two hours. They put in three above ground planter boxes (4'x 8') and a trellis. They provided the soil and all the supplies needed. When they were done, they gave us a book on gardening and a bag of seeds.

We let the soil sit for a week, and then we planted spinach, tomatoes, pumpkins, squash, onions, peppers, lettuce, kale, snap peas and more.

Our whole family gets involved in the garden. It's a great outdoor activity! We go out daily to check for signs of plant life and now, eight weeks later, we are eating out of our garden. Not everything is ready, but some of it is and it's exciting to cook food you grew yourself.

If you are low income and interested in a G.R.u.B. garden, call G.R.u.B. directly at (360) 753-5522 or contact Patty Suskin (360)432-3929 to get on the waiting list for next spring. (You know she loves it when we eat our vegetables!)





Meal Program *

- July 2 - Baked Cod
- July 3 - Soup & Sandwich Bar

- July 7 - BBQ Baked Chicken
- July 9 - Roast Pork
- July 10 - Lasagna

- July 14 - Baked Potato Bar
- July 16 - Tuna Melt
- July 17 - Hamburgers

- July 21 - Sloppy Joes
- July 23 - Beef Stew
- July 24 - Taco Salad

- July 28 - Spaghetti
- July 30 - Breakfast for Dinner
- July 31 - Pizza

* *Menu Subject to Change*

Congratulations Raffle Winner



*Jeanne Henry
May Mammogram Winner*

Beautiful Lake Sylvania Waits Only a Short Drive Away

WHAT

Camping, boating, fishing, hiking and loafing at Lake Sylvania State Park

WHERE

Just outside of Montesano

TO DO

This is the time of year when Lake Sylvania State Park is at its best. This beautiful 233-acre park offers good fishing for trout and bass, great campsites, wonderful picnic spots and it's all less than 40 miles from South Sound. Campsites for summer holiday weekends — such as the Fourth of July and Labor Day — are usually reserved months in advance, but it's easy to get a spot on summer weekdays and most weekends. Nothing is sweeter than camping on a weeknight at Lake Sylvania and then gliding back to South Sound in time for work. Many families camp during the week at the park. One of the parents comes into South Sound for the workday, while the rest of the folks hang out at the lake and have fun. Lake Sylvania is in the hills above Montesano, and the lake is bathed in warm sunshine most of the day. The nights are cool and comfortable. Lake Sylvania has a wonderful swimming beach, and there is a children's play area nearby. There are also five miles of scenic hiking trails, a boat ramp and plenty of chances to see deer, elk, birds and some whopping Douglas fir and cedar trees. There is a boardwalk for fishing and walking. The park also has a trailhead for the two-mile Sylvania Creek Forestry Trail.

HISTORY

Lake Sylvania used to feed hydropower electrical generators for the city of Montesano. The park is an old logging camp, and there are signs of bygone days around the lake and on the trails. The park is open all year for day use.

CAMPING

Lake Sylvania is open to camping from April 1 to Sept. 30. There are 35 standard campsites, six camps for hikers or cyclists and one group camp. Reservations are a very good idea. To reserve a campsite, call 888-226-7688 or go to www.parks.wa.gov. A standard campsite is \$21 a night, a full-utility campsite is \$26 a night and a primitive campsite is \$14 a night. Check-in time is 2:30 p.m. and checkout time is 1 p.m.

PICNICKING

There is one kitchen shelter without electricity, one sheltered picnic table and 75 unsheltered picnic tables. To reserve the kitchen shelter, call 888-226-7688.

BOATING

There is a boat ramp. Electric motors are allowed, but gasoline motors are not. This lake is perfect for a small boat or kayak.

RESTROOMS

There are three restrooms, and two of them are equipped with showers

HOURS

Day use hours are 8 a.m. to dusk. Quiet hours for campers are from 10 p.m. to 6:30 a.m.

DIRECTIONS

From Kamilche, 108 through McCleary to state Route 8. Route 8 transforms into U.S. Highway 12 at Elma. Take the Lake Sylvania exit. Turn right and drive into Montesano on Main Street. Turn left onto Spruce Avenue. Turn right onto N. Third Street, which becomes Lake Sylvania Road. The road ends at the park. There are state park directional signs from the Highway 12 exit.

SAFETY

Keep a close eye on children, as the lake shore drops off to deep, cold water very quickly. It is easy to get lost if you wander off the trail.

MORE INFORMATION

Call 888-226-7688 or go to www.parks.wa.gov.

Chester Allen/The Olympian



Methicillin-Resistant Staphylococcus Aureus (MRSA) (Taken, in part from the Group Health Cooperative's Healthwise Knowledgebase)

What is methicillin-resistant Staphylococcus Aureus (MRSA)?

Methicillin-resistant Staphylococcus aureus (MRSA) are a type of staphylococcus or "staph" bacteria that are resistant to many antibiotics. (resistant means that certain antibiotics that normally heal staph infections do NOT work on it). Staph bacteria, like other kinds of bacteria, normally live on your skin and in your nose, usually without causing problems. MRSA is different from other types of staph because it cannot be treated with certain antibiotics such as methicillin (similar to penicillin). Staph bacteria only become a problem when they cause infection. For some people, especially those who are weak or ill, these infections can become serious. MRSA infections are more difficult to treat than ordinary staph infections. This is because the strains of staph that are known as MRSA do not respond well to many types of antibiotics—the types of medicines that are normally used to kill bacteria. When methicillin and other common antibiotic medicines do not work to kill the bacteria that is causing an infection, it becomes harder to get rid of the infection.

MRSA bacteria are more likely to develop when antibiotics are used too often or are not used correctly. Given enough time, bacteria can outsmart antibiotics so that these medicines no longer work well. This is why MRSA and other antibiotic-resistant bacteria are sometimes called "super bugs."

What causes an infection?

MRSA, like all staph bacteria, can be spread from one person to another through casual contact or through contaminated objects. It is commonly spread from the hands of someone who has MRSA. This could be anyone in a healthcare setting or in the community. MRSA is usually not spread through the air like the common cold or flu virus, unless a person has MRSA pneumonia and is coughing. (In this area, it is often found in skin infections, and can only be spread through a break in the skin, such as an open wound). MRSA that is acquired in a hospital or healthcare setting is called healthcare-associated methicillin-resistant Staphylococcus aureus (HA-MRSA). In most cases, a person who is already sick or who has a weakened immune system becomes infected with HA-MRSA. These infections can occur in wounds or skin, burns, and IV or other sites where tubes enter the body, as well as in the eyes, bones, heart, or blood. MRSA used to infect people who had chronic illnesses, but now MRSA is becoming more common in healthy people. These infections can occur among people who are likely to have cuts or wounds and who have close contact with one another, such as members of sports teams. This type of MRSA is called community-associated methicillin-resistant Staphylococcus aureus (CA-MRSA).

What are the symptoms of MRSA?

Symptoms of a MRSA infection depend on where the infection is. If MRSA is causing an infection in a wound, that area of your skin may be red or tender. If you have a urinary tract infection, you may have fever, back pain, burning when you urinate, or a need to urinate more often than usual. If you have pneumonia, you may develop a cough. There has been no evidence of MRSA anywhere in or on the body in this part of the nation except the skin. It is possible to have a skin infection that is NOT MRSA, too. Community-associated MRSA commonly causes skin infections, such as boils, abscesses, or cellulitis. Often, people think they have been bitten by a spider or insect. Because MRSA infections can become serious in a short amount of time, it is important to see your doctor right away if you notice a boil or other skin problem.

How is an infection diagnosed?

If your doctor thinks that you are infected with MRSA, he or she will send a sample of your infected wound to a lab. The lab will grow the bacteria and then test to see which kinds of antibiotics kill the bacteria. This test may take several days. You may also be tested if your doctor suspects that you are a MRSA carrier—a person who has the bacteria on his or her skin but who is not sick. This is done by taking a swab from the inside of the nose.

How is an infection treated?

Depending on how serious your infection is, the doctor may drain your wound, prescribe antibiotic medicine, give you an IV (intravenous) antibiotic, or hospitalize you. You might also be given an ointment to put on your skin or inside your nose and be asked to wash your skin daily with an antibiotic soap called chlorhexidine (Hibiclens) to reduce MRSA bacteria on your skin. (In this part of the country, certain oral antibiotics have been effective in treating MRSA infections of the skin.) If you have a MRSA infection and need to be in a hospital, you will be isolated in a private room to reduce the chances of spreading the bacteria to others. When your doctors and nurses are caring for you, they will use extra precautions such as wearing gloves and gowns. If you have a MRSA pneumonia, they will also wear masks. Most cases of community-associated methicillin-resistant Staphylococcus aureus (CA-MRSA) begin as mild skin infections such as pimples or boils. Your doctor may be able to treat these infections without antibiotics by using a minor surgical procedure that opens and drains the sores. If your doctor prescribes antibiotic medicine, be sure to take all the medicine even if you begin to feel better right away. If you do not take all the medicine, you may not kill all the bacteria. No matter what your treatment, it is important to call your doctor if your infection does not get better as expected.

How can I prevent getting or spreading MRSA?

As more antibiotic-resistant bacteria develop, hospitals are taking extra care to practice "infection control," which includes frequent hand-washing and isolation of patients who are infected with MRSA.

You can also take steps to protect yourself from MRSA.

- Practice good hygiene.
- Keep your hands clean by washing them frequently and thoroughly with soap and warm water or using an alcohol-based hand sanitizer. Hand-washing is the best way to avoid spreading germs.
- Keep cuts and scrapes clean and covered with a bandage and avoid contact with other people's wounds or bandages.
- Do not share personal items such as towels or razors.
- Be smart about using antibiotics. Know that antibiotics can help treat bacterial infections but they cannot cure viral infections. Always ask your doctor if antibiotics are the best treatment and avoid pressuring your doctor into prescribing antibiotics when they won't help you get better.
- Always take all your antibiotic medicine as prescribed by your doctor. Using only part of the medicine can cause antibiotic-resistant bacteria to develop.
- Do not save any antibiotics and do not use antibiotics that were prescribed for someone else.

If you have MRSA, you can keep from spreading the bacteria.

- Cover your wound with clean, dry bandages and follow your doctor's instructions on caring for your wound.
- Keep your hands clean. You, your family, and other people with whom you are in close contact should wash their hands frequently with soap and warm water or use an alcohol-based hand sanitizer, especially after changing the bandage or touching the wound.
- Do not share towels, washcloths, razors, clothing, or other items that may have had contact with your wound or a bandage. Wash your sheets, towels, and clothes with warm water and detergent and dry them in a hot dryer, if possible.
- Keep your environment clean by wiping frequently touched surfaces (such as countertops, doorknobs, and light switches) with a disinfectant.



Emergency Room Guidelines

Because Contract Health Services has only limited funding, it is required that you use the Squaxin Island Health Clinic whenever possible. If the clinic is closed, both Shelton Family Medicine (426-2653) in Shelton and Group Health Urgent Care (923-5565) in Olympia have extended business hours. Shelton Family Medicine is open Monday through Thursday from 8:00 a.m. until 8:00 p.m.; Fridays from 8:00 a.m. until 5:00 p.m. and Saturday from 8:30 a.m. until 5:00 p.m. Group Health Urgent Care is open Monday through Friday from 8:00 a.m. until 8:00 p.m. and Saturday and Sunday from 9:00 a.m. until 7:00 p.m. Either of these offices can advise you on how to handle a medical problem. The care you receive at these clinics must fit the priority levels at which CHS is currently operating or you will be responsible for the bill.

An emergency may be defined as “a threat to the loss of life and/or limb.” See partial listing under EMERGENCY ROOM listed below.

Contract Health Services will only pay for Priority Level I and Priority II procedures.

Below are some situations in which you might need to go to a Clinic or Emergency Room. Please note that this is not a complete list, and is only meant to provide you with a few examples.

GO TO A CLINIC:

Earache
Cough
Ingrown Finger/Toenail
Colds
Bronchitis
Minor Cuts & Burns
Headache

EMERGENCY ROOM:

Amputation
Heart Attack
Stroke
Profuse Bleeding
Coughing & Vomiting Blood
Sexual Assault

If you find yourself in an emergency situation, please use Mason General Hospital or St. Peter Hospital because the Tribe has a discount with these facilities. If you do not have prior authorization, please visit the hospital's financial assistance department to apply for aid that will satisfy our Contract Health Care requirements. Hospital Charity Care is available (up to 200% of the federal poverty level) – but only if you apply at the hospital.

Upcoming Health Events

Brief Community Walk

Every Thursday at 12:40 p.m.
Meet at the Elder's Building after Senior Lunch

Community Health Walk

Thursday, July 17th
Meet at Elder's Building at 12:40 for a 20 minute walk around the REZ
All SPIPA tribes will be taking a walk in their area at the same time - for diabetes prevention!
Help us win the Walking Stick!
The tribe with the most walkers each month wins the walking stick for that month.
We won it last July ... can we get it back this July?

Mammograms / Women's Health Exams

July 24th & August 21st
Contact Rose Algea (360)432-3930

Diabetes Support

Next meeting is Monday, July 21st from 12:45 to 2:00 p.m. in Health Promotions (right after Elder's Lunch)
Check with Patty for details

Are You Low Income?

Want a Garden in Your Yard?
Contact Patty Suskin to get on the waiting list to have a garden placed in your yard – for FREE.
Ask Patty for more information

Free Pilates Classes

Community members welcome
Mondays and Wednesdays
4:00 – 5:00 p.m.
at the Health Promotions

Line Dancing

Wednesdays & Fridays
at noon in the gym
\$2 donation

Smart Shopping/ Food Label Reading Workshops

Contact Patty to schedule a family & friends session

Come Visit Our Health Promotions Programs

We have exercise videos (Sit & Be Fit, Yoga, Walk Away the Pounds & more)
You can come & use in them in the building across from the clinic.
Work out alone, with us, or schedule a time for a group

Interested in Lifestyle Balance Program?

If you are Native American & over 18, see if you qualify to participate in this 16-week workshop to improve your health by changing your nutrition and activity

Questions?

Contact Patty Suskin @ 432-3929
or
Janita Johnson @ 432-3972





COMMUNITY



We Are Sooooo PROUD of You Son!



We Love You! Mom, Dad & Leila!

**Walter,
Wishing You a Very Happy
Birthday!**



Love, Mandy

**Happy Birthday daddy
Hope We Can Have
a Fun Day!!!!**



**Love,
Kenz and Yard**



**Happy 17th Birthday
Sweetie!
We Love You!
Mom, Dad & Wes!**

**Happy Birthday Aunt Cathy
We Love You Very Much!**



**Thank you
For "ALL" You Do!
Lisa, Patrick, Lil Lisa and
Malachi**

**Happy 4th Birthday
to Our Little Smarty Pants
Nyla Elizabeth King**



**We Love You So Much,
Mommy & Xzan**

**Happy Birthday
to My Beautiful Girl
Hailey Ann BlueBack**



**Its Hard to Believe
You Are 7 Years Old!!!
I Love You!
Love Mom**

**Happy Birthday Steph!
We Love You!
Lots and Lots and Lots!!!
Love, Mom, Dad & Jess**

**Happy Birthday Lester!
Love, Mom, Sisters, Brothers
and the
Rest of Your Family**

**Happy Birthday Elijah Raul!
Love Mom, Dad, Brothers
and Grandma
Lizzie**

**Happy 14th Birthday
Elena! & Clara
Love, Mom Sisters and
Brother David**

**Happy Birthday Violet Rose!
Love Mom, Sisters, Brothers
and the Rest of Your Family**

**Happy 9th Birthday
Malia Nu-Ni-Na II
Love, Rhonda Foster**

**Happy Birthday Son!
Wow, You're 4 years old!
And You're the Best Big
Brother Keona Could Have!
Love, Your Mom
and Baby Brother**

Congratulations Twana Machado

Mark Warren, The Sounder - On May 6, 2008 the Skokomish Elders group was pleased to present their fourth Merit Award this year to Hood Canal School student and community member, Twana Machado. The two hundred dollar Merit



Award will assist Twana with her expenses regarding a fieldtrip that she was nominated to attend based on her scholastic achievements, **4.00 GPA**, her leadership abilities, her extra curricular activities such as playing on two basketball teams and being a member of the Skokomish Ballot Troup. Twana also demonstrated community service by donating money and time to the Chehalis flood victims this past winter.

Twana is an enrolled member of the Squaxin Island Tribe. She is the daughter of Lettie Machado. Her grandparents are

Chuck Longshore and the late Twana Longshore. Twana's great grandmother was the late Skokomish elder Henrietta Allen.

Congratulations Twana Machado for being such an upstanding citizen and academic achiever! We encourage you to hold on to your dreams and believe that you can achieve all that you wish for, never give up!!!

Parents, the Anti-Drug

Sixty-four percent of online teens say that most teens do things online that they wouldn't want their parents to know about. Take a moment and think about all the technology your teen uses on a regular basis. Computers, televisions, cell phones, gaming devices, "Blackberries," and iPods may come to the top of your mind. Have you ever asked yourself, "What does my teen do with all this 'stuff'?" That's a VERY good question! You've probably seen your teen doing homework, Instant Messaging (IM'ing) friends and listening to an iPod all at the same time. Multi-tasking at its finest—or is it?

While technology offers many positive things, like connectedness and information, those same attributes, if misused, can also be quite harmful. Without the proper guidance and monitoring, teens can be lured into a sphere of digital and real-world dangers. Just as you monitor where your teens go and with whom they spend their time, so, too, you should be monitoring their digital activities.

Perhaps you are already aware of the risks facing your teen through new communication technologies and have taken steps to protect your kids. If not, try going to your Internet browser, select a search engine (popular ones are Google, AOL and Yahoo), and type in the word "MARIJUANA." Notice what sites come to the top of the list. Some links are to anti-drug Web sites, such as this one, TheAntiDrug.com. But an overwhelming number of others promote marijuana and general drug and alcohol use with great enthusiasm. For example, when you type "How to Beat a Drug Test" into a Google search, it takes less than one half of a second to see a list of 19,000 citations. Searching for "Grow Marijuana" takes even less time and retrieves 156,000 citations.

"My friends and I ordered some 'legal marijuana' [sic. smoking herbs] online, which was terrible. I also learned how to make things from LSD to beer." SEAN, age 17.

In the cyber "neighborhood," teens can purchase prescription drugs without a prescription, then turn around and sell them to their peers at school. They can quickly access information about how much cough syrup a person can take based on his/her weight in order to get and maintain a "high" feeling, or find Web sites that encourage eating disorders such as anorexia and bulimia. And with a few quick clicks of a mouse, they can also download music, movies, and videos with pro-drug messages or themes.

Chances are your teen not only has access to a computer, but a cell phone and possibly a hand-held device (like a Blackberry), too. Do you know how they are using these items? Here's what one 17-year-old, currently in treatment for drug addiction, revealed: "My cell phone was the most important tool for me to get drugs. I kept all of my drug dealers' names in my phone book on my cell phone and would sometimes put them under other names so nobody could find out."

Remember, parents are the most important influence in their child's life and the biggest barrier against risky behaviors, such as drug use. Learn what you need to in order to be a part of their world...including their technological world!

An advertisement for a poker tournament at Little Creek Casino & Resort. The background features a man and a woman playing poker at a table. The text is arranged in a circular and rectangular layout. At the top, it says "JULY POKER TOURNAMENT". Below that, a speech bubble says "Check out our Weekly Tournaments at www.little-creek.com". The tournament dates are "July 19th Saturday at Noon" and "July 20th Sunday at Noon". The prizes for each day are listed in bullet points. At the bottom, the Little Creek Casino & Resort logo is shown along with the website "www.little-creek.com" and the phone number "800-667-7711".

JULY POKER TOURNAMENT

Check out our Weekly Tournaments at www.little-creek.com

**July 19th
Saturday at Noon**

- \$135 No Limit Hold 'em
- \$25 Bounty On Every Player
- 4000 Tournament Chips

**July 20th
Sunday at Noon**

- \$175 No Limit Hold 'em
- \$100 Mystery Bounty Per Table
- 4000 Tournament Chips

LITTLE CREEK CASINO • RESORT..
www.little-creek.com
For reservations call 800-667-7711